

Uechi Ryu Karate Study Guide

1	What style of karate do we study?	Uechi-Ryu karate.
2	What is karate?	Karate is an unarmed method of self-defense stressing blocking, striking, and kicking.
3	What does the word "Karate" mean?	Chinese hand (original) or empty hand (current).
4	What is "Karate-Do"?	"The way of karate" or "Karate as a way of life". It means the ability to use the skills you learn in karate in your everyday life.
5	What is a "Karate Ka"?	Karate student.
6	What is Uechi-Ryu karate?	A classical Chinese-Okinawan system of self defense.
7	What are the three animals that represent our style?	Tiger, Crane and Dragon.
8	What is the karate uniform called?	Gi
9	What is the karate belt called?	Obi
10	What does the word "Dojo" mean?	Training hall
11	What does the word "Kata" mean?	Mold or form - a choreographed routine of steps, turns, blocks, strikes and kicks.
12	What are some karate skills that can be applied to your everyday life?	Confidence, patience, focus, self-discipline, determination, strength, respect.
13	What does "Ryu" mean?	Style. Uechi-Ryu karate means Uechi-style karate.
14	What does the tiger symbolize?	Determination, speed, strength, and stamina.
15	What does the crane symbolize?	Balance and blocking with its wings.
16	What does the dragon symbolize?	Strength, focus and breathing.
17	What country is considered to be the birth place of the martial arts?	China
18	What does the word "Kyu" mean?	Junior or Beginner.
19	What is Mr. Stone's rank and title?	Rokudan - Renshi
20	What does the word "Kumite" mean?	To cross hands - or application of kata.
21	What are the Eight Virtues of a Black Belt?	Modesty, Courtesy, Integrity, Compassion, Gratitude, Self-control, Perseverance, and Indomitable Spirit.
22	Define Modesty	To be humble, not show off.
23	Define Courtesy	Being polite, showing kindness to others.
24	Define Integrity	Truth, choosing to do the right thing.
25	Define Compassion	A deep awareness of, and sympathy for others.
26	Define Gratitude	To be thankful for, and to appreciate all that we have.
27	Define Self-Control	Maintaining discipline over your emotions, actions, and words.
28	Define Perseverance	To never give up.
29	Define Indomitable Spirit	The humble energy we have inside us that keeps us going.

Uechi Ryu Study Guide

Emilie Sanchez

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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